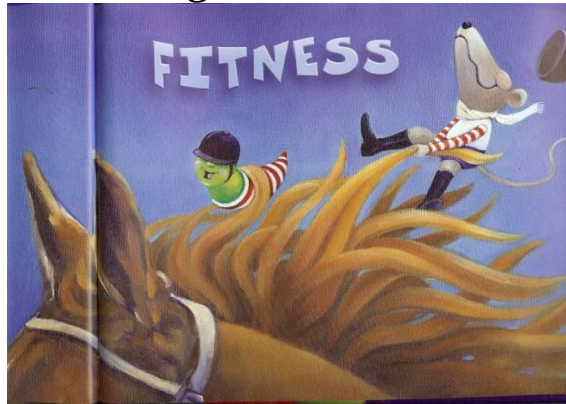
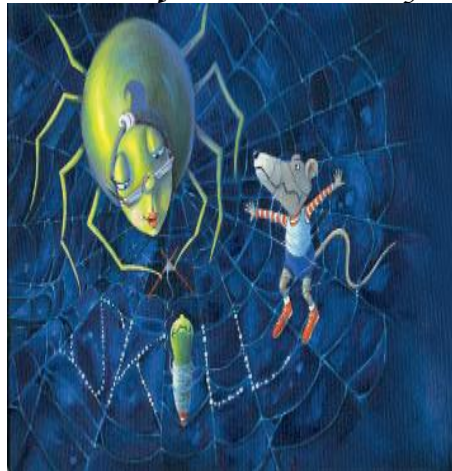


## *March Building Blocks: Fitness & Skill*



*To run a race and do my best,  
I exercise to pass the test.  
I get my sleep and eat good food.  
Healthy thoughts improve my mood.  
When I am fit to run the race,  
The other horses I can outpace.  
Your **FITNESS** level must be great.  
**SUCCESS** requires a healthy state.*



*To weave a web demands great **SKILL**,  
And snaring lunch is quite a thrill.  
Practice makes my webs grow finer.  
I'm a top-notch web designer.  
I pay attention to each detail.  
I do it right so I won't fail.  
I learned my **SKILL** through hours of drill.  
To find **SUCCESS**, you must have **SKILL**.*

*(Excerpts taken from the book,  
**Inch & Miles: The Journey to Success**)*

### **Fitness & Skill, Living a Healthy Lifestyle**

Coach Wooden believed that it is very important to live a healthy lifestyle in order to reach personal success. Often, the term “healthy lifestyle” makes us think of eating nutritious food and keeping our bodies

healthy. Coach agreed with this, but he also included behaving well, and thinking good thoughts. In his opinion, a healthy lifestyle is about more than just getting enough veggies in a day!

This month, your child is learning about how **fitness** and **skill** can help him or her reach personal success. Help your child continue to learn these valuable traits at home by learning a new skill as a family, or taking part in physical activities that everyone can enjoy. Your effort will not only benefit your child's success, but also the success of your family!

## **Helping Your Child Be Healthy**

We've all heard reports telling us that our children aren't as healthy as they could be. Children today are more likely to eat fast food and participate in sedentary activities than ever before. Politicians and teachers are actively trying to find ways to help our kids live healthier, more active lives at school.

### **Here are some things that you can do to help your child get his or her heart pumping at home:**

- **Encourage your child to be physically active after school.** Ninety minutes of active play will help your child burn off extra energy and stress left over from his or her time at school.
- **Give chores that require physical activity.** Some suitable chores would be sweeping, taking out the trash, raking leaves, or mopping the floor.
- **Limit sedentary activities.** Television, video games, and Internet usage require little physical effort; therefore try to limit these activities to less than two hours per day.

### **A journey is really just a lot of small steps. Start by taking these steps with your family:**

1. Encourage your child to try out for a new team sport. Check out the local community center or after-school programs for ideas.
2. Be active with your child. Try creating a family games night. Play games that include some sort of physical activity.
3. Check out your local parks and trails. Nature walks are a great way to enjoy fresh air and learn about plants and wildlife.

Source: Premier, a member of the School Specialty Family

***Do not let what you cannot do interfere with what you can do.***

*~John Wooden~*